

## Tips to Avoid Mosquito Bites

**410 S. High St.** | [Click here for map](#) [1]

Tips to avoid mosquito bites include the four D's:

- Dusk to Dawn - Minimize outdoor activity when mosquitoes are most active, particularly between the hours of dusk and dawn.
- Dress - Dress in pants and long sleeves of a light color when outside, especially in mosquito-infested areas.
- DEET - The application of mosquito repellent is effective but should be conducted in compliance with the label directions. This is especially true for children. Repellent should contain DEET (N, N diethyl-m-toulamide) 30% for adults and 10% or less for children.
- Drain - Check your property for containers that hold water, including rain gutters, tin cans, used tires, and trash cans.

**For more information call: 903-237-1285** | [Contact Us](#) [2]

**Source URL:** <http://health.longviewtexas.gov/tips-to-avoid-mosquito-bites>

**Links:**

[1] [http://maps.google.com/maps?f=q&source=s\\_q&hl=en&geocode=&q=410+High+St.+75601&sll=32.495447,-94.746373&sspn=0.007818,0.018024&ie=UTF8&hq=&hnear=410+S+High+St,+Longview,+Gregg,+Texas+75601&ll=32.490343,-94.743605&spn=0.007819,0.018024&z=16](http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=410+High+St.+75601&sll=32.495447,-94.746373&sspn=0.007818,0.018024&ie=UTF8&hq=&hnear=410+S+High+St,+Longview,+Gregg,+Texas+75601&ll=32.490343,-94.743605&spn=0.007819,0.018024&z=16)  
[2] <http://health.longviewtexas.gov/services-contact#Health@LongviewTexas.gov>